

Amendments to the Specification:

Please replace the paragraph beginning at page 1, line 25, with the following rewritten paragraph:

-- Another example is disclosed in Korean Registered Utility Model Serial No. ~~298008~~ No. 298008, entitled "*Weight Adjustable Footwear Liner*", proposed by the inventor. This document proposes insertion of metal members into an insole or liner, which is put in a footwear body, to increase the weight of the footwear thereby enhancing the exercise effect of a wearer. --

Please replace the paragraph beginning at page 5, line 14, with the following rewritten paragraph:

-- FIG. 1 is an exploded perspective view of an insole assembly for increasing the weight of ~~a footwear~~ of footwear according to a first embodiment of the invention;--

Please replace the paragraph beginning at page 5, line 17, with the following rewritten paragraph:

--FIG. 2 is an exploded perspective view of an insole assembly for increasing the weight of ~~a footwear~~ of footwear according to a second embodiment of the invention;--

Please replace the paragraph beginning at page 6, line 3, with the following rewritten paragraph:

--FIG. 9 is a side elevation view of ~~a footwear which~~ of footwear into which the insole assembly of the invention is ~~put in~~ is placed; --

Please replace the paragraph beginning at page 6, line 5, with the following rewritten paragraph:

--FIG. 10 is a side elevation view of ~~a heavy~~ of heavy footwear for enhancing the exercise effect according to a third embodiment of the invention;--

Please replace the paragraph beginning at page 6, line 10, with the following rewritten paragraph:

--FIG. 12 is an exploded perspective view of ~~a heavy~~ of heavy footwear according to a fourth embodiment of the invention; and--

Please replace the paragraph beginning at page 6, line 12, with the following rewritten paragraph:

--FIG. 13 is an exploded perspective view of a ~~heavy~~ heavy footwear according to a fifth embodiment of the invention.--

Please replace the paragraph beginning at page 12, line 18, with the following rewritten paragraph:

--FIG. 9 is a side elevation view of a ~~footwear or shoe which~~ of footwear or a shoe into which the insole assembly 100 or 200 according to the first or second embodiment of the invention is ~~put in~~ is placed. --

Please replace the paragraph beginning at page 13, line 7, with the following rewritten paragraph:

--In fabrication of the footwear, lasts are adjusted according to wide foot, narrow foot and mid-foot of different foot widths. If the lower insoles 110 and 210 are fabricated with various thicknesses, shoes of various widths can be produced without additional fabrication of different lasts for the shoes. That is, users of different foot widths can fit their feet to shoes of the same last by selecting the lower insoles 110 or 210 of suitable thicknesses according to their foot widths. Further, substantially the same effect can be expected by taking the upper insole 140 or 240 out but using only the lower insole 110 or 210.--

Please replace the paragraph beginning at page 14, line 5, with the following rewritten paragraph:

--In the sheets prepared as above, an upper sheet preferably has a hardness of about 45 or less, and other sheets preferably an A-type hardness of about 50 to 60, and more preferably, a hardness of about 55. The upper sheet has a relatively lower hardness to absorb the load impact amounting to about 4 to 5 ~~times of the~~ times the wearer's weight, which is applied to the wearer's feet and ~~joins~~ joints when he/she walks. --

Please replace the paragraph beginning at page 15, line 2, with the following rewritten paragraph:

--FIG. 10 is a side elevation view of a ~~heavy~~ heavy footwear for enhancing exercise effect according to a third embodiment of the invention. As shown in FIG. 10, heavy footwear or shoe 300 of the invention includes a body 320 of an upper for housing a foot, a midsole 330 connected to the body 320 to support the foot and a bottomssole or outsole 340 underlying the midsole 330. The midsole 330 and the outsole 340 are formed of various materials and with various thicknesses according to the type and use of shoes.

Further, an insole 350 (shown in a dotted line) is put on the midsole 330 to provide a cushion to a wearer's foot-sole.--

Please replace the paragraph beginning at page 15, line 13, with the following rewritten paragraph:

--The third embodiment of the invention has technical features of increasing the weight of the shoe 300 by forming the midsole 330 and/or the outsole 340 of the shoe 300 from a compressed resin of a high specific gravity or inserting weight-increasing members made of the high specific gravity compressed resin into the midsole 330 and/or the outsole 340. The high specific gravity compressed resin preferably has a specific gravity of about 2 or more, and contains nitrile rubber, ~~budadiene~~ butadiene rubber, barium sulfate (BaSO_4) as high specific gravity filler, red lead oxide (Pb_3O_4), ZnO, S, stearic acid and vulcanizing accelerator.--

Please replace the paragraph beginning at page 18, line 19, with the following rewritten paragraph:

--FIG. 13 is an exploded perspective view of heavy footwear or shoe 500 according to a fifth embodiment of the invention. Referring to FIG. 13, the heavy shoe 500 according to the fifth embodiment of the invention includes a body 520 of an upper for housing a foot, an underlying midsole 530 connected to the body 520 to support the foot and a bottomsole or outsole 540 underlying the midsole 530. The midsole 530 and the outsole 540 are formed of various materials and with thicknesses according to the type and use of the shoe. Further, an insole put on the midsole 530 for providing a ~~cusion~~ cushion to a wearer's foot-sole is not shown for convenience's sake.--